

Название публикации:

Students' motivations for academic physical education

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Аннотация:

Academic physical education lessons with an emphasis on the students' fitness for extreme situations give a special priority to the students' motivations and determined attitudes to the educational process. Objective of the study was explore the ways to improve students' fitness for extreme situations with the humanities university students' motivations for physical education being rated versus those of cadets of Ministry of Emergency Situations (MES) Academy. Experimental Groups (EG) of humanities university students and cadets (n=187) of the MES academy have been studied in the period of 2016-2017. The Reference Groups (RG) were trained as required by the standard physical education curriculum within the approved timeframe. The EGs were briefed for 15 min prior to every training sessions on the matters of due physical fitness as a prime prerequisite for the individual safety and success in a variety of emergency situations. The EG training practices were designed to master and train the necessary motor skills and physical qualities by special physical exercises to be ready for extreme situations overviewed in the theoretical training hours. The training model was found beneficial as verified by the EG versus RG progress in the motivation domain, with the MES cadets tested with higher motivations than the humanities university students.

Ключевые слова:

Mental set, Motivation, Physical education, Survival in extreme situations, Training methods